

YOU CAN HAVE PINK CHEEKS

What causes the color to fade from pink cheeks and red lips? In a word it is thin blood.

When the fading color in cheeks and lips is accompanied by a loss of brightness in the eyes and an increasing heaviness in the step, the cause is to be sought in the state of the blood.

A hundred causes may contribute to the condition of thin blood that is known as anemia. Overwork, lack of outdoor exercise, insufficient rest and sleep, improper diet, these are a few of them. The important thing is to restore the blood to normal, to build it up so that the color will return to cheeks and lips.

Dr. Williams' Pink Pills are the great blood builder and invigorator. They begin at once to increase the red corpuscles in the blood and the new blood carries strength and health to every part of the body. Appetite increases, digestion becomes more perfect, energy and ambition return.

A booklet, "Building Up the Blood," will be sent free on request by the Dr. Williams Medicine Co., Schenectady, N. Y. if you mention this paper. Your own druggist sells Dr. Williams' Pink Pills or they will be sent by mail on receipt of price, 50 cents per box, six boxes \$2.50.

The True Gentlewoman.

All the things which the term "lady" has come to mean are neither worthy nor lovable. But no unfortunate connotation has so far risen to destroy the primal meaning of the word "gentlewoman." The external signs of the gentlewoman are good manners, poise of bearing and charm of voice. The chief internal qualities from which the good manners should rise are unselfishness, tolerance, and consideration for others, which is only another name for unselfishness. Chance has decreed that some girls are so circumstanced that it is easy for them to be gentlewomen; for others great difficulties stand in the way. But no girl need fear of reaching such an ideal if she cares to exorcise the patience and self-suppression necessary to attain the inner and outer graces which belong to the true gentlewoman.

So far as the inner graces are concerned, no one is born with the quality of unselfishness, although some fortunate people have such a bent for it that it can be easily disciplined into them. The baby is born an egoist, and everyone around him must, perforce, minister to his egoism. His little horizon is filled with just himself, and when he begins to talk the most of his speeches begin "baby wants" or "baby doesn't want." It is only careful training that will give the child proper conception of the rights of others. Human nature is, at the best, so defective that only constant self-discipline will keep one from putting one's own rights always first.

The true gentlewoman knows that the Christian theories which look upon unselfishness as a duty are something more than pleasant principles set up on some high shelf of the soul where they are kept for show only. The gold of the rule, "Do unto others as you would that they should do to you" ought to be kept burnished by constant use. The gentlewoman does not say:

"Why should I do this kindness for her? She would not do it for me!"

Nor does she say:

"If you consider other people before yourself, they'll let you do it, and will impose on you."

The true gentlewoman knows that hard people can often be won and changed by unselfish treatment. She also knows that the sense of justice is sufficiently alive in the world so that an unselfish person's friends will not permit selfish people to impose too much upon her. Above all, she realizes that her duty is not to consider the possible failure of her efforts in a pretty imperfect world, nor the reactions upon herself; she tries to be unselfish, not to get a return in kind for it, but because unselfishness is right.

The complement of unselfishness and consideration for others is tolerance. When other people are grasping or unfair, the gentlewoman tries to excuse them, on the grounds that they are doubtless doing the best they can. She is not smug about it, does not thank God that she is not as other people; she simply believes that people probably think they are justified in whatever line of conduct they take. This breadth of view, this generosity, is a grace quite as admirable as unselfishness; in its way it is a kind of unselfishness.

It does not follow that the outward qualities of personality correspond with the inner qualities, but they should. A charming manner will not atone for utter unselfishness, nor will an abrupt nervous manner, however unattractive, conceal a beautiful spirit. Yet, ideally, there should be a correspondence between inner and outer qualities. Maude Radford Warren in Woman's World for July.

"What's your idea of a crank?"

"A crank is a fellow who insists on trying to convince me, instead of letting me convince him."—Boston Transcript.

GRANITEVILLE

Miss Alice MacDonald the Bride of William Roswell Miles.

This morning at 8 o'clock St. Sylvester's church was thronged with friends who were present at the marriage of Miss Alice MacDonald and William Roswell Miles. Rev. J. Turcott was the officiating clergyman.

Miss Jane Dunn of Portland, Me., acted as bridesmaid, while Thomas F. Nolan of Waterbury, Conn., attended the groom. The ushers were James Donahue and Theodore Lascor.

The bride was attired in a traveling suit of blue taffeta and a picture hat, and carried white roses. The bridesmaid wore blue taffeta with hat to match and carried pink roses. The church was tastefully decorated with buttercups and ferns, while festoons of daisies and ferns served to make the bride's home attractive.

A dainty breakfast was served to the immediate relatives by Misses Theresa and Mildred Miles and Julia O'Hagan, Mrs. C. N. Benedict of Barre catering.

The bride was graduated from Mount St. Mary's in Burlington in the class of 1910 and since that time taught in the graded schools of Barre Town, where she is held in high esteem. The groom graduated from Spaulding and is now a member of the firm of W. H. Miles & Co. After a wedding trip to New York and Thousand Islands, Mr. and Mrs. Miles will reside in Graniteville. Among the out of town guests were John J. Gilman and Thomas Nolan of Waterbury, Conn.; Jane Dunn of Portland, Me.; Mr. and Mrs. William McCaskill of Montpelier and Miss O'Hagan of East Barre.

WILLIAMSTOWN

The Woman's Christian Temperance union will meet with Mrs. W. B. Jones Tuesday afternoon at 2:30. The subject, Mercy. All are cordially invited.

Miss Irene Marr, who has been employed in the postoffice as clerk for nearly a year past, is now taking a well-earned vacation and has gone to Kinnears Mills, Que., to visit her grandfather and will be absent for a month or more.

Dr. E. B. Watson, secretary of the local board of health, returned the 9th from Burlington, where he had been for several days attending the school for health officers held under the direction of the state board.

Principal O. B. Wood, with his wife and son, Merle, started on Friday, the 7th, to drive to Georgia, where he will spend the summer in looking after his interests there, the repairing of some barns on his farm there being one of the matters to be attended to.

The ten days of his furlough having nearly expired, Frank A. Brockway, electrician on the U. S. ship Alabama of the North Atlantic squadron, left town on the 7th to return to his duties on board ship.

John Lindsay Winchester, head multiplier and master of the key-board at the Union Granite company's plant at Waterbury, spent Sunday with his parents in town. Mr. Lindsay no longer pays any dues to livery stables or railroads, as his Indian motorcycle will transport him to his place of business in an hour, or less if he happens to be in a hurry.

A letter lately received by Henry E. Waldo from his son, Everett, private of Co. F, Vermont National Guard, now stationed at Eagle Pass, Tex., states that he is well and the health of the Vermont men is generally good. About 10,000 men are now in camp there, under conditions peculiar to that part of the country. Not a blade of grass is to be seen, only sagebrush, cactus and sand. The days so far have been hot, but the nights are cool. Water is brought to camp in iron pipes laid on the top of the ground, but ice is used to make it cool for drinking.

A goodly delegation from town attended the circus at Montpelier last Saturday, and report a big crowd, a comfortable day for the event and the biggest and best circus they ever attended.

In the year 1816, one hundred years ago, Joseph Woolcut, father of the late Charles H. Woolcut, was living on the farm between Adna B. Downs and Frank B. Boyce's and had lately bought the long slope of land lying to the east from the buildings and this year he planted it all to corn. The season was so cold that very little corn was matured in town, but this piece, being sheltered, made a good growth and ripened well. The demand for seed corn for the following year was such that Mr. Woolcut was able to sell his crop of corn for enough money to pay for the land that it grew on. This incident was related to the scribe by a man, who as a boy, heard Mr. Woolcut tell the story.

W. E. Carpenter, who has been for some time in the employ of Cross Brothers at Northfield, was at his home over Sunday. His work there would seem to be that of an all-around handy man, as he is a painter, carpenter, and had several years' experience in the care of the saw and grist mill of Lynde & Cheney, before going to Northfield.

RANDOLPH

Joseph Holmes of Lowell, Mass., came on Saturday night for an over-Sunday stay with his mother, Mrs. Holmes, who is stopping at the inn for the summer.

Mrs. Bertha Thompson and her daughter, Miss Evelyn Thompson, who have been with Mr. and Mrs. C. W. Hayward for three weeks, left Sunday for their home in Swampscott, Mass.

Rev. Joseph Hamilton occupied the pulpit of the Methodist church on Sunday morning and evening, in the absence of the pastor, Rev. G. F. Crawford, who went to Windsor to take the place of the resident pastor, who is ill.

Mrs. J. P. Gifford returned Saturday from a 10 days' stay in Barton with her parents, Mr. and Mrs. Folsom.

Mrs. C. H. Bowen and her daughter, Emory, went to Bethel Saturday for a week's stay with relatives.

Mrs. Frank Martin and her son from White River Junction arrived here Saturday to remain with friends till Tuesday.

Mrs. H. E. King came Saturday from Woodstock to be the guest of her sister, Mrs. R. G. Morton, and daughter, Miss Jennie Morton.

The remains of Pearl Lemery were taken to Brimfield and the funeral was held there at the hall on Sunday afternoon and burial was also there. Among those who went up to attend the services were Mr. and Mrs. Jerome French and Mr. and Mrs. Charles Woodworth.

Victor Williams has found employment in Branchville, Conn., and his family will join him there soon.

Dr. and Mrs. Harry Clark have come from Danvers, Mass., to pass the rest of the month of August with their parents, Mr. and Mrs. S. C. Clark, and Mrs. Emily Hastings.

Miss Gertrude Slack has returned from a 10 days' stay in Montpelier with relatives.

Mrs. E. M. Woodworth has gone to Morrisville for a week's stay with her mother and her son is passing some time in Montpelier.

Mrs. Brown of Boston, who has for some time been in White River Junction, has come to visit her sister, Mrs. Clark Willey, for a few days.

The Woman's Relief corps held a social at the home of Mrs. Nellie Hutchinson on Friday afternoon which was attended by about 30 people, members and friends. A fine social hour was enjoyed and refreshments of punch and wafers were served. At the next regular meeting it was announced that all the members were asked to bring a pound of some groceries for the relief of a poor woman.

EAST CALAIS

Victor Smith of East Barre recently visited at Dell B. Dwinell's.

Herbert Carley and daughter of North Adams, Mass., are visiting at Mr. Carley's parents, Mr. and Mrs. Henry Carley.

Mrs. Myrtle Drennan is nursing in the family of West Scott.

Mr. and Mrs. Archie Saxby of Worcester spent Friday and Saturday at the home of Mr. Saxby's parents, Mr. and Mrs. Ed Saxby.

Mr. and Mrs. Dell Dwinell and daughter, Rachel, are spending a few days in Fayston.

Mrs. Alva Averill returned Saturday to her home in Littleton, N. H.

Mrs. Mary Dwinell Noyes recently visited relatives in town.

comfortable—



20 FOR 15¢

A Sensible Cigarette

\$875,496,013 PRODUCTS OF MANY MILLS

Statistics for Flour and Grist Mills in the United States Published.

Washington, D. C., July 10.—A summary of the general results of the 1914 census of manufactures for the flour mill and grist mill industry has been issued by Director Sam L. Rogers, of the bureau of the census, department of commerce. It consists of a statement of the quantities of materials consumed and the quantities and values of the various products manufactured, prepared under the direction of Mr. William M. Steuart, chief statistician for manufactures. The figures are preliminary and are subject to such change and correction as may become necessary upon further examination of the original returns.

Establishments Reporting and Value of Products.

Reports were received from 10,787 establishments which did merchant grinding during 1914, the products of which were valued at \$875,496,013. At the census of 1909 there were reported 11,691 establishments, with products valued at \$883,584,403. There was thus a decrease of 904 in the number of establishments and of nine-tenths of 1 per cent in the total value of products. The decrease in number of establishments is due largely to the tendency toward concentration in the industry, as a result of which many small mills which had been in operation in 1909 were out of business in 1914. Another cause is found in the fact that a considerable number of grain elevators have given up the milling branch of their business since 1909.

Mills engaged exclusively in custom grinding for toll or local consumption should not be included in the census, but it is not in all cases possible to conduct the inquiry in regard to such establishments on uniform lines at different censuses. It may be that some small mills which reported for 1909 that they were doing a limited amount of merchant grinding, and which were therefore included in the census, reported for 1914 that they were engaged exclusively in custom work, and for that reason were not enumerated. This condition also assists in explaining the decrease in the number of establishments reported at the census of 1914.

Grain Consumed.

The consumption of wheat by flour mills and gristmills increased from 496,480,314 bushels in 1909 to 543,970,038 bushels in 1914, or by 9.6 per cent, and that of rye from 12,748,133 bushels in the earlier year to 12,748,133 bushels in the later, or by 10.8 per cent. The number of bushels of oats ground remained practically stationary, being 50,241,508 in 1909 and 50,227,050 in 1914. In the case of other grains the figures show marked declines. The consumption of corn decreased from 299,281,237 bushels in 1909 to 180,115,704 bushels in 1914, or by 13.9 per cent; of barley, from 24,500,770 bushels to 20,288,306 bushels, or by 17.2 per cent; of buckwheat, from 7,156,062 bushels to 5,478,045 bushels, or by 23.4 per cent; and of other grains, from 7,075,911 bushels to 4,277,864 bushels, or by 39.5 per cent. The decrease shown for corn probably may be accounted for by the increased use of this grain, by establishments other than flour mills and gristmills, in the manufacture of breakfast foods and of prepared foods for animal consumption, which are classified by the census bureau as "food preparations."

Products.

The output of wheat flour, which represented about 62 per cent of the total value of products of this industry in 1914, increased in quantity during the five-year period from 105,756,845 barrels to 116,945,090 barrels, or by 9.7 per cent,

but decreased in value from \$530,116,234 to \$542,031,732, or by 1.5 per cent. This decrease in value is due to the existence of abnormal conditions during the year 1914. Wheat was sold at very low prices up to the early fall months, ranging from 70 to 85 cents per bushel, and many of the large millers purchased their wheat to cover their flour sales at the lower figures, so that although prices increased rapidly during August, September, October and November, advancing from about 70 cents to \$1.15 per bushel, most millers had such a volume of low-priced contracts on hand to fill, that naturally the higher values were not felt in any marked degree until the following year.

The production of corn meal and corn flour decreased in quantity from 21,532,737 barrels in 1909 to 16,327,903 barrels in 1914, or by 24.2 per cent, and in value from \$66,941,095 in the earlier year to \$34,963,301 in the later, or by 17.9 per cent. The output of feed and offal decreased during the five-year period from 5,132,369 tons, valued at \$140,541,915, to 4,753,280 tons, valued at \$137,067,939, or by 7.4 per cent in quantity and 2.5 per cent in value. On the other hand, bran and middlings showed an increase from 4,104,042 tons, valued at \$59,814,427, to 4,448,930 tons, valued at \$104,350,655, amounting to 13.3 per cent in quantity and 16.2 per cent in value.

The total value of other products of the industry—comprising rye flour and rye Graham, buckwheat flour, barley meal, hominy and grits, oatmeal, corn oil, breakfast foods, rolled oats, etc., and other products—amounted to \$37,062,346 in 1914. The output of rye flour and rye Graham increased by 25.8 per cent in quantity and 22.2 per cent in value, and that of hominy and grits by 5.1 per cent in quantity and 10.1 per cent in value; while the production of buckwheat flour decreased by 28.7 per cent in quantity and 19.5 per cent in value, and of barley meal by 51 per cent in quantity and 50.1 per cent in value. The remaining products, so far as separately reported in both years, also showed decreases.

MIDDLESEX.

Long distance furniture moving and heavy trucking at reasonable rates. Two-ton trucks at your service. Vermont Trucking & Sales Co., Barre; tel. 152-W.

"I suppose you miss your husband terribly."

"Indeed, I do. You can't imagine how lonely I am with no one in the house to contradict."—Detroit Free Press.

How to Heal Skin-Diseases

A Baltimore doctor says this simple, but reliable, home treatment for pruritus, with eczema, ringworm, rashes and similar itching, burning skin troubles.

At any reliable druggist's get a jar of resinol ointment and a cake of resinol soap. These are not at all expensive. With the resinol soap and warm water bathe the affected parts thoroughly, until they are free from crusts and the skin is softened. Dry very gently, spread on a thin layer of the resinol ointment, and cover with a light bandage—if necessary to protect the clothing. This should be done twice a day. Usually the itching and burning stop with the first treatment, and the skin soon becomes clear and healthy again.

Almost any soap will clean the skin and hair. But those who want a soap which not only cleanses but actually helps the complexion and hair are wise to choose resinol soap.

Not Feather Bed Soldiers.

There has been much complaint about the manner in which the National Guard regiments have been rushed to the border in day coaches when they might have traveled comfortably in Pullmans, but we are glad that might little of the kicking has come from the members of these regiments themselves.

Thousand mile journeys in day coaches are not pleasing experiences, especially in hot weather; but the men who turned out to do their part along the Rio Grande or beyond it if necessary evidently did not start out under the impression that they were going on a picnic. They re-

flected that day coaches are better than box cars and that day coach seats are infinitely superior to muddy ground as bedding. And now that they are on the ground they are raising no rumpus because they haven't brass bedsteads to repose in instead of "pup" tents.

But because the militiamen are the sort of stuff that soldiers are made of is no reason why every provision within reason should not be made for their comfort in camp. Men who are transferred suddenly from the office to the field cannot endure either the "leg work" or the exposure of seasoned regulars. There will be less excuse for unnecessary hardships for them on the border than aboard troop trains.—New York Evening Sun.

A Sure Paint Tip

Here is a safe lead to follow in buying paint. Order lead and oil, to be hand-mixed to suit each condition—the paint that skilled painters choose for their own property.

Most painters hereabouts prefer lead and oil paint composed of

Dutch Boy Atlantic White Lead

and pure linseed oil. They know it looks well and lasts long.

The cost is small, considering the long life and beauty insured.



Our white lead is for sale by all first-class dealers. Write us for further information.

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Electric lights Magnetic speedometer Complete equipment 5-Passenger Touring, \$635 Roadster, \$620

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TO-DAY  
Theodore Roberts in  
"Pudd'n'head Wilson"

Also a Bray cartoon and a Vogue comedy, "Rube's Hotel Tangle." The feature play will be shown for the last time at 9:05 p. m.

Tuesday, July 11

FLORENCE REED IN THE SPECIAL DRAMA OF MODERN LIFE  
"NEW YORK"

Also a "real life" picture and a reel comedy. Don't fail to see this sensational feature.

PRICES: Adults—Balcony, 50¢; Orchestra, 100¢; Children Under 14 Years, 50¢